

[www.your-turn.org.uk](http://www.your-turn.org.uk)

**your  
turn**

Campaigning to prevent  
pressure sores

It is estimated that 1 in 5 patients in UK hospitals suffers from pressure sores - but it is not just hospital patients who are at risk. Anybody who sits or lies down for prolonged periods of time is increasing their risk of developing a pressure sore.

### Did you know that:

- Pressure sores are often known as bedsores or pressure ulcers.
- Pressure sores are an area of damaged skin and tissue that develops when constant pressure on a part of the body shuts down the blood vessels feeding that area of skin.
- Pressure sores usually occur when someone sits or lies in one position for too long
- Pressure sores usually develop below the waist, although they can occur anywhere on the body such as the hips, buttocks, the base of the spine, knees, heels, ankles and shoulders and the back of the head

Your Turn is designed to help people understand the causes of pressure sores and hopefully prevent them in the first place.

There is a website designed to help answer some of the questions you might have about pressure sores, whether you are at risk yourself or if you know of somebody who might be at risk.

[www.your-turn.org.uk](http://www.your-turn.org.uk) is a useful resource that could prove invaluable.

**For specific questions about your personal circumstances please seek advice from a healthcare professional such as your GP or NHS Direct.**

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